

## Yoga

**Yoga students:** Please bring your own yoga mat, and a thick blanket if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.

Drop-in fee: 1.25 hour classes: \$10 resident/ \$12.50 non-resident  
1.5 hour classes: \$12 resident/ \$15 non-resident;  
2 hour classes: \$15 resident/ \$18.75 non-resident



### Alignment Based Yoga – Mon 4pm

This class focuses on safety in classical yoga poses to improve strength, flexibility, and self-awareness. Thoughtful sequencing prepares your body for the poses; accurate alignment protects the spine and joints; and a slow focused style releases physical and mental tension leaving you lighter in mind, body, and spirit. 1.25 hour class. Heidi Nordlund teaching in December.

### Wellness Yoga – Mon 5:30pm, Thurs 5pm

Enjoy Yoga in a safe, relaxing and uplifting atmosphere. Increase balance, flexibility, and strength in body/mind. Experience greater peace and joy. Yoga is a vehicle for deepening the connection between body, mind & Soul and serves as recourse for personal growth and healing. 1.25 hour class.

### Slow-Mo Yoga Flow – Tues 9:15am

Slow-Mo Yoga Flow introduces vinyasa flow in ways that students of all levels can do. Movements center on sun and moon salutations, sequences of classical yoga postures taught in every class. Your body and mind will be energized, and your nervous system will be calm and relaxed. 1.5 hour class.

### Gentle Yoga – Mon, Wed 10:30am

This class is for anyone who would like to relieve stress, increase strength and flexibility, improve balance and overall well-being. Practice gentle yoga poses using chairs, yoga props, and breathing techniques in a friendly and non-competitive environment. Please bring a blanket. 1.25 hour class.

### Therapeutic Structural Yoga – Wed 5:30pm

This classical yoga practice will restore health in body, mind and spirit, through an emphasis on anatomical alignment. This class, for beginning and continuing students, includes many variations on classical yoga, and will improve concentration, allow for personal growth and create inner calm. 2 hour class.

### New! Prenatal Yoga – Wed 5:30pm

For pregnant women at any stage, strengthen your body and the bonding process with baby. Practice yoga postures, attention to breathing and build confidence in your body's natural ability to give birth. Great for both first-time yoga students and those with a developed practice. 1.25 hour class.

### Women's Hatha Yoga – Thurs 9am

This class is for beginning and continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. 2 hour class.

### Beginner Friendly Yoga – Friday 9:15am

Whether you're a new or continuing yoga student, bring your beginner's mind to this class where the fundamentals of yoga are emphasized. The postures will stretch and enliven you. Instruction includes guided breathing and introductory meditation techniques. 1.25 hour class.

### Sunday Morning Yoga – 9am

New or returning to yoga? Feel at ease through an alignment based, foundational / flow practice designed for every body. Honing awareness, cultivate breath, balance, strength, flexibility, and deep rest, coming to a greater understanding of your own well-being. 1.25 hour class.



**See next page for additional yoga specialty classes and workshops offered by Gwyn, Ursula, Diana & Katharine!**

Day	Time	Class	Code	Location	Instructor
Mon	10:30-11:45am	Gentle Yoga	443113	MemBldg	Ursula Bunting
Mon	4-5:15pm	Alignment Based Yoga	443117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	Wellness Yoga	443118	Izaak	Heidi Nordlund
Tues	9:15-10:45am	Slow-Mo Yoga Flow	443122	Izaak	Diana Shellenberger
Wed	10:30-11:45am	Gentle Yoga	443133	MemBldg	Ursula Bunting
Wed	5:30-6:45pm	Prenatal Yoga	443135	Creation Station	Cassia Baranello of the Family Garden
Wed	5:30-7:30pm	Therapeutic Structural Yoga	443138	Izaak	Shar Lee
Thurs	9-11am	Women's Hatha Yoga	443142	Izaak	Shar Lee
Thurs	5-6:15pm	Wellness Yoga	443119	Izaak	Heidi Nordlund
Fri	9:15-10:30am	Beginner Friendly Yoga	443152	Izaak	Diana Shellenberger
Sun	9-10:15am	Sunday Morning Yoga	443171	Izaak	Katharine Kaufman

## Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided mediation. For beginners and experienced alike.

16 & up: Nov 7, Sat, 3-5pm 413902.1A  
 Instructor: Marcia Babcock, PhD, CPT,  
 Nia Black Belt Instructor  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: \$10 resident/\$12.50 non-resident

## Meridian Tapping

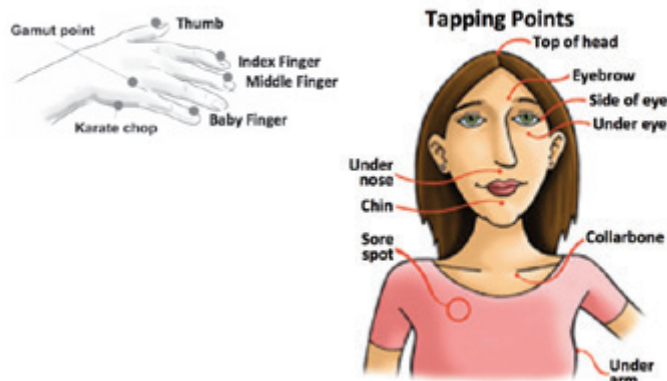
In this 90 minute class, you'll learn about the history of tapping and how it's being used as a powerful self-care tool to relieve emotional and physical pain. Come and experience meridian tapping for yourself. More info at TappingGuidance.com.

15 & up: Mon, Oct 5, 6:30- 8pm 443370.10  
 Instructor: Rev. Joyce Jay  
 Location: Senior Center, 910 Longs Peak Ave  
 Fee: \$15 resident/\$18.75 non-resident

## Meridian Tapping for Self Care

During these four 90 minute classes, you'll learn and practice the basics of meridian tapping for relief of emotional and physical pain in yourself and your loved ones. Easy to learn. Simple to apply. Powerful healing benefits. More info at TappingGuidance.com.

15 & up: Oct 19-Nov 9, Mon, 6:30- 8pm 443371.10  
 Instructor: Rev. Joyce Jay  
 Location: Senior Center, 910 Longs Peak Ave  
 Fee: \$85 resident/\$106.25 non-resident



## Yoga Specialty Classes & Workshops

### Delight in the Details – Yoga Fundamentals

Come explore the subtleties of alignment in standing poses, core strength, and backbends to match your level in this 2 hour class. Beginning and continuing yogis welcome. For more about this style, see Alignment Based Yoga description. Questions, call Gwyn: 970-669-1574.

18 & up: Sat, Aug 29, 9:30-11:30am 343193.08  
 Instructor: Gwyn Cody  
 Location: Izaak Walton Clubhouse, 18 S Sunset St  
 Fee: \$15 resident/\$18.75 non-resident

### Practicing Yoga at Home

Devoting as little as ten minutes a day to a home practice yields big benefits. This class offers you an array of postures to choose from, all designed to bring more balance, clarity and flexibility into your life. Learn to pay attention to the movements that feel good when you're in class and incorporate them into the yoga you do at home.

16 & up: Sat, Oct 10, 10am-12pm 443194.10  
 Instructor: Diana Shellenberger  
 Location: Sandstone Ranch Visitors & Learning Center,  
 3001 E Hwy 119  
 Fee: \$20 resident/\$25 non-resident

### Slow Down the Aging Process with Yoga & Ayurveda

This workshop combines basic principles of Yoga and Ayurveda, a 5,000-year-old healing system and life science. Class will include gentle yoga practice, pranayama (breathing) meditation and ayurvedic techniques specifically geared toward achieving a healthy lifestyle, slowing down the aging process, and feeling more vibrant.

18 & up: Sat, Oct 17, 9:30am-12pm 443190.10  
 Instructor: Urszula Bunting  
 Location: Izaak Walton Clubhouse, 18 S Sunset St  
 Fee: \$30 resident/\$37.50 non-resident

### Healthy Glow

This workshop is designed for anybody who is looking for simple and inexpensive solutions to glowing skin and vibrant health. We will discuss and demonstrate ways to nourish the body, hydrate the skin and move the lymph for better detox.

15 & up: Sat, Nov 7, 9:30am-12pm 443191.11  
 Instructor: Urszula Bunting  
 Location: Izaak Walton Clubhouse, 18 S Sunset St  
 Fee: \$30 resident/\$37.50 non-resident

### Fall Yoga & Meditation Sanctuary Retreat

Spend an entire day practicing nourishing yoga, sitting, and walking meditation from the inside out at Longmont's hidden jewel, Sandstone Ranch. This day-long retreat is designed to rejuvenate and restore balance and energy. Bring your yoga mat, blanket, a meditation cushion if you have one, and lunch. For those with some yoga or meditation experience (or the courageous beginner).

16 & up: Sat, Nov 14, 9:30am-4:30pm 443193.11  
 Instructor: Katharine Kaufman  
 Location: Sandstone Ranch Visitors & Learning Center,  
 3001 E Hwy 119  
 Fee: \$40 resident/\$50 non-resident

### Stress Less Before the Holidays

Make this holiday season the best ever! Come de-stress using gentle yoga poses, aromatherapy, sound healing, breathing, meditation and learn some proven techniques to reduce stress and enjoy yourself and your loved ones during this holiday season. Perfect time to spend together with your friend, mom or daughter.

10 & up: Sat, Dec 5, 9:30-11:30am 443192.12  
 Instructor: Urszula Bunting  
 Location: Izaak Walton Clubhouse, 18 S Sunset St  
 Fee: \$25 resident/\$31.25 non-resident

## Land and Water Drop-In Fitness Classes

Over 30 different types of land and water drop-in fitness classes are offered between the three different facilities: Centennial Pool, the Longmont Recreation Center, and the St Vrain Memorial Building. Unless otherwise noted, drop-in fitness classes are included with general admission.

### No Regular Fitness Classes:

Monday, Sept 7; Thursdays Nov 26, Dec 24, Dec 31; Friday, Jan 1

### Special Fitness Classes:

**ZUMBA**© Jan 1, Fri, 1-2:30pm at Longmont Recreation Center.  
Come JOIN the PARTY!

**Class schedules & descriptions can be found for each of the recreation facilities online at [www.LongmontColorado.gov/rec](http://www.LongmontColorado.gov/rec) then click on Fitness/Wellness Programs link!**

### Jazzercise

Aerobic dance, Yoga, Pilates and Kickboxing movements set into a fun routine. Please check in with Jazzercise-separate table will be set up for them. For info call 720-494-0312. Drop-in \$8/class; passes available. MWF 9:15-10:15am @ Longmont Recreation Center



### Quick Fit

\$3 resident/ \$3.50 non-resident Quick Fit Workouts are available at Centennial Pool, exclusively to parents of City of Longmont programs while their children swim, and at the St Vrain Memorial Building, exclusively to parents of tumbling classes while their child is in class.

### Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

### Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800, St Vrain Memorial Building at 303-651-8404, or Centennial Pool at 303-651-8406 for more information. Days and Times by appointment.

Fees: Private Semi-Private

1 session- \$45/ \$57	1 session- \$55/ \$69
5 sessions- \$200/ \$250	5 sessions- \$250/ \$313
10 sessions- \$350/ \$438	10 sessions- \$450/ \$563

### Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start! Fee includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!

Fee: \$35 resident/ \$43 non-resident  
Location: Longmont Recreation Center, 310 Quail Rd

### Nia Jam

Our very own Nia instructors will show you a new way to move your Body. You'll find greater Joy in your Body and a unique creative expression through the Dance and Martial Arts of Nia. Done barefoot, shoes are optional. Drop-in admissions at the Longmont Recreation Center, 310 Quail Rd.

16 & up: Oct 10, Nov 14; Sat, 1pm-2:30pm

### Group Fitness Instructors WANTED

Must have certification. Apply online  
@ [www.LongmontColorado.gov](http://www.LongmontColorado.gov)

### HydrO2ga

A meditative, no-impact, high resistance, deep water exercise program that does not use floatation devices.

18 & up: Sundays, 11am-12pm 421600  
Dates: Sept 13, 20, 27; Oct 4, 11, 18; Nov 8, 15, 22;  
Dec 6, 13, 20

Location: Centennial Pool, 1201 Alpine St

Instructor: Phyllis Tucker  
Daily Fee: \$10 resident/ \$12.50 non-resident

### Weight Room Orientations

Please call the Longmont Recreation Center at 303-774-4800, Centennial Pool at 303-651-8406 or the St Vrain Memorial Building at 303-651-8404 for orientation class dates and times. 14 years and older.

### Nutrition Services

Nutrition programming that begins with an in depth discussion of your daily eating habits in which you will learn how to improve your health and wellness goals. Programs are specific for your needs including education for chronic diseases, weight loss, grocery store walk-throughs, and nutrition for endurance sports. Teri Froelich, RD, is instructing. Call the Longmont Recreation Center at 303-774-4752 to set up an appointment today!

Fee: 1 session- \$50 resident/ \$63 non-resident  
Follow Up session- \$45 resident/ \$57 non-resident  
3 sessions- \$140 resident / \$175 non-resident

### Body Composition

Just want to know your girth measurements and body fat percentage? Then this is the right package for you! Call the Fitness Coordinator at 303-774-4752 for more information and to set up your appointment at the recreation facility of your choice.

Fee: \$12 resident / \$15 non-resident

### Fluid Running

Fluid running is a deep water running technique to supplement land running, rehab injuries and use as a cardio workout. Burn up to 40% more calories than running on land, build muscular strength and endurance with no impact! Aqua-jogging belts are provided for flotation.

18 & up: Tuesdays & Thursdays, 7-8am  
Dates: Sept 1-15 \$32 res/\$40 non-res 423600.1  
Sept 29-Oct 22 \$64 res/ \$80 non-res 423600.2  
Oct 27-Nov 19 \$64 res/ \$80 non-res 423600.3  
Dec 1-Dec 17 \$48 res/\$60 non-res 423600.4

Instructor: Mary Ritter, Personal Trainer, USAT Coach and SSI Level III Swim Instructor  
Location: Centennial Pool, 1201 Alpine St



## TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise or racing program. Newcomers

please come 5 min. before class to familiarize yourself with straps, positions, and getting in/out of straps!

16 & up

Location: Centennial Pool, 1201 Alpine St



## TRX Team Blocks

This progressive Tactical Conditioning Program helps people of all fitness levels safely develop the strength, power and core stability needed to do their jobs. TRX Team Blocks helps develop the resilience tactical athletes need to go the distance.

18 & up: Tue & Thurs, 8:30-9:30am

TRX Strong: Sept 15-Oct 15 423552.1A

TRX Fit: Oct 20-Nov 19 423552.2A

TRX Lean: Dec 1- Dec 17 423552.3A

Instructor: Courtenay

Location: Centennial Pool, 1201 Alpine St

Fee: \$40 recreation pass holders/ \$50 non pass holders

## Monday & Wednesday

Fee

	9/14-10/14	10/19-11/18	11/30-12/16	Rec	Pass	Non-Pass
8:15-9:15am	423512.1A	423512.2A	423512.3A	\$35		\$44
5:45-6:45pm	423512.1B	423512.2B	423512.3B	\$35		\$44

## Tuesday & Thursday

Fee

	9/15-10/15	10/20-11/19	12/1-12/17	Rec	Pass	Non-Pass
6-7pm	423512.1D	423512.2D	423512.3D	\$35		\$44

## Holiday Fitness Kick Off

Kick your holiday season off the right way with this 6 week program tailored for YOU by Personal Trainers and a Registered Dietician! Get great workouts in as well as learn about eating healthy!

18 & up: Oct 13-Nov 19, Mon & Thurs, 5:30-6:30pm 413822.1

Instructors: Yami Llamera CPT & Teri Froelich CPT & RD

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$125 resident/ \$156 non-resident

## Healthy Holiday Season Workshop

Create the mindset that will allow you to have the best holidays. A different approach, ideas and simple solutions to create health, energy and less stress during the holidays. Who knows, maybe (probably) you'll even lose some weight while having fun!

16 & up: Nov 14, Sat, 1-4pm 413902.2A

Instructor: Tal Cohen; Certified Wellness/Nutrition coach, NASM-CPT

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$20 resident/ \$25 non-resident

## Exercise Motivation with Guided Imagery

Getting started is the hardest part of physical fitness. Guided imagery, or hypnosis, can motivate you to get up and get moving, whether you prefer a structured program or just want to enjoy physical activity. Free CD or MP3 included with class.

18 & up: Wed, Oct 7, 6:30- 8pm 443315.10

Instructor: Karen Peterson

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Fee: \$30 resident/\$37.50 non-resident

## Women's Safety Awareness

Class covers awareness theory, stalking methods used by predators, common myths about where and when we are safe, home and traveling safety tips & easily obtained tools that can be used for your defense. Some simple and effective defensive techniques will be taught. Class taught by City of Longmont Police Officers.

13 & up: Tue, Oct 13, 6:30-8:30pm 447122.10

Tue, Dec 8, 6:30- 8:30pm 447122.12

Instructor: Tori Bellah

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$5 resident/\$6.25 non-resident

## Progressive TRX

This class focuses on building strength, flexibility and functionality, while incorporating stretching and core work. Each class builds upon the previous, allowing you to learn TRX in a gradual, progressive manner.

16 & up: Sept 15- Oct 9, Tue & Fri, 5:45-6:45am 423522.1A

Oct 13-Nov 6, Tue & Fri, 5:45-6:45am 423522.2A

Nov 10- Dec 11, Tue & Fri, 5:45-6:45am 423522.3A

Instructor: Linda

Location: Centennial Pool, 1201 Alpine St

Fee: \$35 recreation pass holders/ \$44 non pass holders

## Fall Windows to Wellness Fair

Treat yourself to a morning of self-care! Sign-up for 15 minute hands-on sessions with a wide variety of alternative wellness practitioners for \$5. Visit the Wellness Market before or after for jewelry, locally produced items and many more treats.

Ages 12 & up: Oct 11, Sat, 9am-1pm

Location: Longmont Senior Center, 910 Longs Peak Ave

## Break-Free Wellness Classes

Instructor: Bart Thurman, FDN & IIN Certified Nutrition Practitioner and Health Coach

Location: Senior Center, 910 Longs Peak Ave

Fee: \$12 resident/\$15 non-resident

## Gut Health 101

Your everyday health depends on your gut, and the balance of the billions of microbiota living there. Weight issues, low libido, poor energy, brain fog, achy joints, etc., are NOT normal. Regardless of age these symptoms and many more tend to originate in the gut. Learn how to heal yours for optimal health.

18 & up: Mon, Sep 21, 6:30- 8pm 443510.09

## JERF (Just Eat Real Food)

The single most important thing you can do for your health. Learn how to start now. You cannot out-exercise, out-sleep or out-supplement a lame diet or other health challenges. If you want to change your life, let me teach you how to JERF.

18 & up: Mon, Oct 12, 6:30- 8pm 443510.10

## Primary Food

Relationships, career, spiritual practice & movement. You can eat the most perfect diet in the world and not feel awesome. We spend most of our lives at WORK, and with our PARTNERS. Unsatisfied? All the blueberries in the world will not change this. Learn to nourish your body with Primary Food.

18 & up: Mon, Nov 9, 6:30- 8pm 443510.11

## SilverSneakers® Fitness Program

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission. SilverSneakers® group classes offer the best opportunity to stay on track toward your health and fitness goals. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, the Senior Center and St. Vrain Memorial Building. To find out more call Heather @ 303-774-4718 or stop into the Longmont Recreation Center and get signed up!



**\*Beginning Tuesday, September 8, the SilverSneakers® Fitness program is expanding classes to the Longmont Senior Center!**

### SilverSneakers® Orientations

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: Oct 1, Nov 5, Dec 3, Thurs, 9am  
Sept 17, Oct 15, Nov 19, Dec 17 Thurs, 2pm  
Location: Longmont Recreation Center, 310 Quail Road  
Fee: FREE, however pre-registration is required

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

### SilverSneakers® Yoga

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

### SilverSneakers® Cardio

Get Up& Go with an aerobics class for you-safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

### SilverSneakers® Splash

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

**55+, see the GO for additional wellness activities at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)**

Monday	Tuesday	Wednesday	Thursday	Friday
8-8:45am <b>Classic -SC*</b>	8:45-9:30am <b>Classic-LRC</b>	8-8:45am <b>Circuit-SC*</b>	8-8:45am <b>Yoga-SC*</b>	8-8:45am <b>Classic-SC*</b>
9:15-10am <b>Yoga-LRC</b>	9:35-10:20am <b>Circuit-LRC</b>	9:15-10am <b>Yoga-LRC</b>	8:45-9:30am <b>Classic-LRC</b>	
10:15-11am <b>Splash-LRC</b>	11-11:45am <b>Yoga-SC*</b>	10:15-11am <b>Yoga-LRC</b>	9:35-10:20am <b>Circuit-LRC</b>	10:15-11am <b>Yoga-LRC</b>
*classes at the Senior Center effective beginning Sept 8		1:30-2:15pm <b>Cardio-LRC</b>	10:15-11am <b>Splash-LRC</b>	11:15am-12pm <b>Yoga-LRC</b>

### SilverSneakers® Social- Holiday Potluck

Bring your favorite holiday dish to share & mingle with other SilverSneakers® members! Join us for this fun gathering with friends before the busy holiday season begins! Recipe Exchange- please bring copies of your recipes to share with everyone! RSVP to Heather, 303-774-4800, by Nov 17.

Date/Time: Nov 20, Fri, 12-1:30pm Location: Senior Center, 910 Longs Peak Ave

### The Power of Focus: Get What You Want Now

Tap into what makes you feel alive and find ways to get more of it in your life. In this workshop, you will connect to your Intuition; gain clarity on your Desires; and acquire new tools to help you change limiting belief systems

16 & up: Sept 12, Sat, 2:30-4:30pm 413811.1  
Instructors: Tal Cohen, Certified Life/Wellness Coach, NASM-CPT & Marcia Babcock, Ph.D., MBA, Nia Black Belt Instructor, NASM-CPT  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$22 resident / \$27.50 non-resident

### The "No Diet" Weight Lose Solution, a Mindset for Success – Class Series

Are you confused about all the info out there? If you're tired of empty promises and countless failures, join this class to understand why you do what you do and create new healthy habits that will become part of who you are.

16 & up: Sept 17-Oct 8, Thurs, 6:30-7:45pm 413803.1A  
Instructor: Tal Cohen; Certified Wellness/Nutrition coach, NASM-CPT  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$38 resident/ \$47.50 non- resident